



MY SPIRITUAL PROGRESS UPDATE



A combined image: my vertical selfie placed onto a horizontal photo that I also took:)

After a few months of externalization (I was busy in the outside world), a longing arose to meditate deeply again. It was effortless; it felt like a natural inbreath after an outbreath.

My temporary externalization was due to the volition of past impressions and because of connecting with some souls who benefited from my guidance, and I benefited from meeting them. This had to be done.

Through an interesting and somewhat winding road I was led to the book series *Life and Teachings of the Masters of the Far East* by Baird T. Spalding. This was a startling discovery, since the teachings of those Masters corresponded to the principles of ACIM.

I was never able to find more explanations along the lines of what ACIM teaches (told to be the channeled material of Jesus), but this book series is it. I'm so grateful to have been led to these books, and that's the reason even winding roads should

not be questioned. Sometimes Life, God, Universe, however you want to call It – leads you from one thing to another, without apparent reason, until you arrive. It's not the seemingly logical mind way.

These books reached me at such a good time and confirmed many things I was doing right. I have recently stopped eating meat again. Meat grounds, and it also can tie you more closely to the illusion – because meat is procured in a cruel way. Since there's no cruelty in God, this vibration is not of God. So as you let go of the meat diet, your vibrations rise.

The book series confirmed that this is the way to go. Of course, even only eating plants is cruel because plants also feel pain, but plants go through less suffering than animals, and their vibrations are much, much lighter.

Another change I made is conscious breathing. It's called Pranayama in Sanskrit. It purifies your whole body and nerves, and I'm not new to this practice – I felt its incredible benefits in the past. You also get more vital force into your system through this controlled breathing, for clearer dreams and more lucidity in general.

The next change is conservation of my energy. The less energy I spend on the illusion – the material world – the less it seems real. Which means not engaging in ego thoughts (surface thoughts, as opposed to permanent thoughts we think with God that are inaccessible as long as we engage in these external ones), no emotions as a result of anything happening in this "reality"; no projections of any sort of the mind, such as thinking about the past or the future.

So the whole day is meditation – being here and now, and not in the illusions of the mind, which creates the veil between us and the Spiritual world – the only Reality there is.

Because I'm not wasting energy on the outside world, the mind is concentrating. I remember dreams easily, and I'm sometimes conscious in dreams without doing any practices to wake up in a dream. I get moments of Divine joy, and I receive, as an answer to prayer, a deeper understanding of the Kingdom of God and the illusion of this world.

So I'll share what I understand now.

The Kingdom of God is everywhere – it's in you and around you. You live in it because you live in God. But because you believe yourself to be separate from God, a false belief system sprang up, made by the ego.

This belief system is what you see as the world, and that's why it has death and evil. It's a completely untrue belief system you're witnessing, which looks very convincing – because we are powerful creators, even if we're currently asleep.

That's why when Jesus healed, he would say things like “look, he's not dead, he's only sleeping” or, when people needed bread, but the harvest was months later, he said “look at the fields, they're ready to harvest”. I'm paraphrasing here, but you get the gist.

So basically, Jesus, having destroyed the false belief system by fasting for 40 days and 40 nights and conquering the devil (ego), was freed from the veil of illusion, and therefore no longer saw the untruth, but the Reality itself.

Many people, including myself, have gotten glimpses of this real world, the Kingdom of Heaven, mentioned in the ACIM and the Bible. Some people call it the New Earth, though it's nothing new; we just forgot about it. So when people momentarily see truly, they see everything as connected, filled with life and divine beauty.

I remember looking at the mountains in Nepal, and I perceived them as an incarnation of stillness, and that they were me. When I looked at a tree, dropping all labels and beliefs about it, I saw it as a mighty being full of life, very powerful.

So that's why Jesus said that the Kingdom is spread all over, yet people don't see it. They don't see it because of their false beliefs and judgments about everything.

The moment we label something, it becomes dead to us, as it's viewed through the false mind. We have millions of these beliefs and judgments, keeping us deeply hypnotized.

In the book series mentioned, it's told how to escape this illusion. And ACIM writes extensively about it too, yet the way of ACIM is a little different in certain aspects. ACIM encourages the denial of the illusion and also overlooking it.

That's how Tone from Life is But a Dream YouTube channel awoke (the channel is now called "Solitaire"). He kept denying the seeming reality of a "bill" (I think he had no money to pay it, if I remember right) until there was a crack in the Matrix, and God spoke to him.

So ACIM encourages such denial, and also overlooking everything false. For those not yet on this road to seeing the Kingdom, such denial doesn't make sense. Why close your eyes to something real? But our world is upside down. What looks real, isn't, and what we don't see, is real.

So by overlooking all that's negative, and asking God to show what truly is, our minds begin to open to the actual Reality – to the Kingdom of God. ACIM also encourages taking only action springing out of love, as it also leads to the Kingdom.

The book series about the Masters of the Far East is against denial, as the author says it keeps you focused on what doesn't exist. So that's the main difference between these books and ACIM. Other ways to get to the Kingdom and realize your True Self are the same.

It emphasises (the book series by Baird T. Spalding) that if you truly realize that you're Christ, the Son of God, you'll not need anything from this world. *You'll directly materialize things from the Spirit realm and be of service to the world.* The books have many examples of how the Masters materialized things of need.

The world still believes everything in the illusion to be real, so the Masters sometimes help the world with material things, so that hypnotized souls are comfortable. But, of course, the real help for those who seek it is showing how to wake up.

So the main practice I engage in now is not feeding the ego mind by indulging in thoughts, imaginations, etc., and not wasting energy on the external world as much as I can. In two months' time, my partner will leave Lithuania, and I'll move to my homestead to meditate in nature. I'm very much looking forward to that, I'm so excited!!

All my days will be spent in meditation and contemplation, as well as eating natural, vegetarian food, in small portions, so that the energy is conserved for meditation, instead of wasting it on digesting too much food.

Finally, it's important to guard against getting stuck in the astral. In the book series mentioned, the astral is also called the psychic realm, and it's entirely created by humans – the thoughts of separation, etc. So it has to be bypassed as it leads nowhere.

The spiritual realm is right here and now, so you must remain conscious in meditation and discern if you're in your thoughts or lucid.

So that's all from me today. Thank you for reading, and may your spiritual evolution be exciting:))



MINDFULNESS INTENSIVE

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